



31st Marine Expeditionary Unit

Commander's Corner

JUNE 2009



As we begin the final preparations for our deployment to Australia, I am pleased to announce that the Deployed Spouse Child Care program will continue to be available to 31st MEU families. This program offers 10

hours of free child care per week at MCCS Child Development Centers to MEU families whenever the active duty spouse is deployed in excess of 30 days. I know that many of you have come to rely on this important benefit as it helps ease the burdens associated with the high deployment tempo of the MEU. If you have already registered for the program, you'll just need to present a copy of your spouse's deployment orders to utilize the benefit. If you are not registered, read on below on how to sign up through the MCCS Children, Youth and Teen Program Resource and Referral Office.

We said farewell to Sergeant Major Daniel Anderson, the MEU Sergeant Major, at a formal relief and appointment ceremony on the 9th of June at Camp Hansen. Sergeant Major Anderson will be retiring after 30 years of service to the Country and Corps. We wish him farewell and following seas.

INSIDE THIS ISSUE

Chaplain's Corner	2
DSCC and Contact info.....	3
On-Island Tours	4
Monthly Special's	5
Extra's	6
Classes.....	7
On-Line Resource Links	8

During the same ceremony, Sergeant Major Jayme Winders was posted as the new MEU Sergeant Major. He and his wife Lisa are joining us from his previous command as the Sergeant Major of the 12th Marine Corps Recruiting District in San Diego, CA. Welcome aboard!

The MEU will depart next week for Exercise Talisman Saber in Australia. It is a long, two-week transit to get "down under." During that time many Marines will have limited access to e-mail or phones. You can check the MEU's website for frequent updates as to our location and activities and, as always, I will keep you updated through e-mail and my Commander's Posts on our website. If at any time you feel you need to get a message to your deployed spouse, do not hesitate to contact Mr. Rich Palma, our Family Readiness Officer, or any one of our designated Family Readiness Assistants. Contact info for Mr. Palma can be found in this newsletter as well as at our website on line at

<http://www.marines.mil/units/marforpac/iimef/31stmeu/Pages/default.aspx> .

Semper Fidelis,

Col Paul L. Damren

IMPORTANT DATES

MEU DEPARTS.....	6/16
FATHER'S DAY.....	6/21
INDEPENDENCE DAY.....	7/4



31st Marine Expeditionary Unit

Chaplain's Corner

Father's Day is around the corner which can bring a flood of emotions. For us as fathers it can be a great day of honor bestowed upon us by our family. It can also be a day of self-reflection and evaluation as a father, which on any given day can be overwhelming. I am a father myself with three children who vary in age from 21, 18 and 17. As a father and a chaplain I learned early on that when I'm not allowing my own Heavenly Father via the Holy Spirit to have control of me, my kids could win an Oscar playing the Holy Spirit.

I recall a time when I was rather irritated with my wife over a matter. I had just dropped my wife and two girls off for an activity. I forgot that my son was still in the van and out of anger I used an adjective to describe my wife far less than chaplain-like. It rhymed with witch! Needless to say, as soon as I blurted out such a display of ungodly character I remembered that my son was still in the van. I quickly apologized and told him I was wrong and that my outburst was out of anger. I also asked him to forgive me. I "assumed" it was a done deal until the next day in which he decided to tell his mother what dad had called her. I called home from the ship to say hello and could tell something was wrong to which my wife responded, "We'll talk about it when you get home." My initial thought was I don't have to go home, I have a state-room on the ship. I made the right decision and went home to face the music.

My wife is an incredible woman who initially said, "Ok, maybe I was a little bit as the word you used to describe me." I thought wow, this is too good to be true and maybe I'm off the hook. Then, similar to standing before the Colonel for the wrong reason she said, "However, if you have something to say, you say it to me and not in front of our seven year old son!" My response with words I've used countless times to preserve my marriage now for more than 23 years..."Yes dear."

My son was already in bed when we had this discussion. I took him out for ice cream after work the next day. In an attempt to redeem the situation I pulled out my pocket New Testament and read 1 John 1:9 which states that if we confess our sins He is faithful and just to forgive us from our sins and cleanse us from all unrighteousness. Once again I apologized to my son and told him that I was glad he told his mother but it was kind of painful. I had to ask him why he told his mother. He said "because he didn't think I should get away with it."

Stu Weber's book, "Along the Road to Manhood" is filled with many challenging quotes to us as fathers. One quote by Dr. Ray Guarendi says, "Excellence in childrearing does not evolve from making fewer mistakes than everybody else. It evolves from making plenty of mistakes and learning from them." Frank S. Pittman says, "...Fathering is the most masculine thing a man can do." For me one of the most challenging quotes comes from Ruth Harms Calkin who says, "Lord, every path I walked with Dad, has led to you." The scary thing is that our kids will imitate us which will include the Good, the Bad and the Ugly. The remedy is simple as our Heavenly Father declares in Ephesians 5:1 - Be imitators of God.

Chaplain Bailey



31st Marine Expeditionary Unit

HOT NEWS

DEPLOYED SPOUSE CHILD CARE

The Deployed Spouse Child Care benefit will continue to be available to all 31st MEU families during MEU deployments. The program includes 10 hours of free child care per week provided by MCCA Child Development Centers (CDC) anytime the MEU service member is deployed for 30 days or more. If you are already registered for child care through the MCCA Children, Youth and Teens Program (CY&TP) resource and Referral Office, all you need to do is present a copy of your spouse's 31st MEU deployment orders to the CDC each time you utilize this benefit. The Command will ensure that all families are provided with a copy of these orders prior to our upcoming deployment.

For those spouses who have not registered with the CY&TP Resource and Referral Office and would like to do so, follow link below. Scroll down to the section "Registration Packet for Child Development Center" and follow the instructions in the "Registration Guide". If you need help filling out the forms, please contact the Resource and Referral Office at 645-4117. Once you have the forms filled out, you need to make an appointment with the CY&TP Resource and Referral Office by calling 645-4117. You will turn in all your forms and finalize the registration during your appointment at the CY&TP Resource and Referral Office. As with those already registered for child care, you will also receive a copy of your spouse's 31st MEU deployment orders which you will need to present to the CDC each time you utilize the benefit.

NOTE: This is the only deployed spouse benefit that is currently available to the MEU.

MCCA CHILDREN, YOUTH AND TEENS PROGRAM (CY&TP) FORMS WEBSITE

www.mccsokinawa.com/mccs.asp?id=346

DEPLOYMENT CONTACT NUMBERS

Family Readiness Officer	080-1794-9631
Family Readiness Hotline	623-9110
Deployment Command Duty Officer	(808) 653-5854

INTERNATIONAL DIALING

Family Readiness Officer	011-81-80-1794-9631
Family Readiness Hotline	011-81-611-723-9110
Deployed Command Duty Officer	(808) 653-5854

Deployment E-mail address: fro@essex.usmc.mil



31st Marine Expeditionary Unit

On-Island Tours

BMO MUSIC FEST

Feat: Shaggy, Lil Jon, Omarion, Sean Kingston, J.Holiday, T.O.K., Pitbull

20 & 21 June at Okinawa Ginowan Outdoor Theater

CALL KADENA ITT at 959-4322

BULLFIGHTING TOUR

21 June 12p.m-5p.m.

\$48 Adults

\$24 Ages 13-18

\$7 Ages 0-12

Uruma City is hosting a powerful and must see traditional Okinawan bullfight.

CALL KADENA ITT at 959-4322

MINNA ISLAND TOUR

30 June 8:15 a.m - 5:15 p.m

\$41-Adults

\$31-Ages 6-11

\$5-Ages 0-5

CALL KADENA ITT at 959-4322

FARM AND FISH MARKET

27 June 9 a.m.- 1:30 p.m.

\$18 Adults

\$11 Ages 3-11

\$5 Ages 0-2

The best food is what's grown closest to you! Explore and shop the freshest foods available on Okinawa at the JA Farmers Market and the Vege Vege store. Next stop is the Mini Mini Doubutsuen where you can get eggs so fresh they might still be warm! The last stop will be the Payao Fish Market where you can buy a variety of fresh seafood and enjoy a delicious lunch. Bring yen for lunch and shopping.

Call MCCS Tours + 646-3502

NISHIZAKI WATER PARK

28 June 10 a.m.-4 p.m.

\$25 Adults

\$22 Ages 7-18

\$19 Ages 3-6

\$5 Ages 0-2

Cool off and have a splash of a time at the park located in Itoman. Children must be 48" to ride on the slides.

CALL KADENA ITT at 959-4322

SUNSET DINNER CRUISE

12 June 4p.m.-9p.m.

\$93 Adults

\$60 Ages 6-11

\$28 Ages 3-5

\$5 Ages 0-2

Enjoy a mouth-watering entree, live music, and a gorgeous sunset from the ship's upper level open deck Bring yen for drinks.

Call MCCS Tours + 646-3502

RELAX AT CHULA-U

11 June 6 p.m.-10 p.m.

\$18 Adults

\$11 Ages 4-11

\$5 Ages 0-3

Across from the Beach Tower in American Village, relax in the natural hot spring .

Call MCCS Tours + 646-3502



31st Marine Expeditionary Unit Special's

HAVE A BEAUTIFUL PORTRAIT
OF YOU AND YOUR CHILDREN
CAPTURED FOR THE
WONDERFUL DAD.

FOSTER
PHOTOGRAPHY

Book
your
session
now!



**FATHER'S DAY
SPECIAL**

10 A.M.-7 P.M.



www.mccsokinawa.com

FOSTER PHOTOGRAPHY
CAMP FOSTER COMMUNITY CENTER

TO MAKE A
RESERVATION
OR FOR MORE
INFORMATION,
PLEASE CALL
FOSTER
PHOTOGRAPHY
AT
645-3851.

FAMILY THEME NIGHTS- EXPLORATION ADVENTURE!

Apart from a fun and healthy menu, there will be giveaways with the purchase of every kid's buffet as well as exciting activities like **crafts, karaoke, kids TV night, Wii Mario Kart, and lots of other games.***

WEEK 1: TV Night! Land Before Time
WEEK 2: Craft Time! Color Your Adventure Plate
WEEK 3: TV Night! George of the Jungle
WEEK 4: Wii Mario Kart

Butler Officers' Club, Tengan Castle, and Kinser Surfside

*Activities vary by location.

Every Thursday in June

Call the hosting clubs or stop by on family night to find out more.

MCCS MARINE CORPS SEMPER FIT OKINAWA - JAPAN AQUATICS

Sponsored by
Maitel Rizzan Sea Park Hotel

Join us for some great summer weekend fun!

Hansen Festival

Open to everyone island-wide

The Crash Moderns

Saturday, June 20, 3-10 p.m.
Sunday, June 21, 1-10 p.m.

Live Entertainment!
Featuring **The Crash Moderns** and a special appearance by the **Tampa Bay Buccaneers Cheerleaders.**

For more information call **645-5828**

- No pets, outside alcohol, bottles, or coolers allowed.
- Dais and taxi service available
- Free Shuttle service from designated locations
- Typhoon dates June 27 & 28

Win great prizes!
Roundtrip tickets to the USA
Seating Class upgrade

Courtesy of UNITED OMEGA WORLD TRAVEL

Sponsored in part by Maitel

www.mccsokinawa.com

No Federal or Marine Corps endorsement of sponsor intended.

Summer has begun

Seasonal Pools

NOW OPEN

MCCS Pools

- Camp Foster 50-Meter
- Plaza 25-Meter
- MCAS Futenma 25-Meter
- Camp Kinser 50-Meter
- Camp Courtney 25-Meter
- Camp McTearous 25-Meter

Need a ride? Catch the pool shuttle on Monday, Wednesday, Thursday, and Friday! **

Pool shuttles depart from Lester Middle School every 90 minutes starting at 12:30 p.m.

Stops and drive time:
Plaza Shoppette (30 minutes)
Foster 50m Pool (30 minutes)
The Spot (5 minutes)

**Shuttles will resume service June 12-August 22.

For a full schedule, visit www.mccsokinawa.com.

For more information, contact Semper Fit Aquatics at 645-3180.

MCCS SEMPER FIT OKINAWA - JAPAN AQUATICS Makes OKINAWA Home!



31st Marine Expeditionary Unit

Extras

Welcome Aboard

SgtMaj Winders	Maj Magrath
GySgt Flores	SSgt Hernandez
SSgt Jones	SSgt Washington
Sgt Alderson	Cpl Graham
Cpl VelasquezOrtiz	Cpl Foreman
LCpl Skidgel	LCpl Runion
LCpl Wolf	PFC Lewis
PFC Underwood	

MARINE JARGON

MEU- **M**arine **E**xpeditionary **U**nit

MEF- **M**arine **E**xpeditionary **F**orce

PAO- **P**ublic **A**ffairs **O**ffice

PMO- **P**rovost **M**arshal **O**ffice

MAGTF- **M**arine **A**ir **G**round **T**ask **F**orce

OOD- **O**fficer **O**f the **D**ay

IMPORTANT PHONE DIRECTORY

Officer of the Day	623-9110
Family Readiness Officer	623-4990
Personal Service Center (Courtney)	622-7332
Counseling & Advocacy	645-2915
Substance Abuse Counseling	645-3009
Child Youth Teen Program (CYTP/CDC)	645-4117
Overseas WIC Program	645-9302
American Red Cross	645-3800

JUNE PROMOTIONS

Sgt Dionne	Cpl Britten
Cpl Chaffin	Cpl Adams

Congratulations !!

ON BASE PREFIX

622 (954)	To dial on base from a off base number is easy. No need to call the operator, just replace the prefix with the corresponding off-base access number. For example. 623-4990 would be 969-4990.
623 (969)	
645 (970)	
646 (971)	
634 (961)	
632 (962)	
633 (959)	

BASE RESTAURANTS

Macaroni Grill	645-1246
Chili's	959-4454
Jack's Place	959-5225
T-Bones	959-0740
Mike's Italian Garden	959-6453
Seaside Inn	959-6090



31st Marine Expeditionary Unit

Classes

SMOOTH MOVE WORKSHOP

15 & 29 June 0800-1200

Foster, Bldg 439

CHILD CARE AVAILABLE call for details

645-8395

BASIC JAPANESE CLASS

22,23,25,26 June 1130-1300

Foster PSC

Drop-in childcare provided

Investment Workshop Pt 1

15 June 1130-1300 Futenma
Education Center

Investment Workshop Pt 2

30 June 1130-1300 Foster PSC

IMPORTANT PHONE DIRECTORY

Foster PSC	645-2104
Kinser PSC	637-2815
Hansen PSC	623-4522/4860
Schwab PSC	625-2622/2646

LIBRARIES

Foster	645-7178	Hansen	623-7372
Courtney	622-9280	Kinser	637-1039
Futenma	636-3946	Schwab	625-2518

Coupon Program

On a weekly basis, MCCS receives literally thousands of coupons through the mail from independent organizations stateside who care about the military community and support their popular Coupon Program. Stop by any PSC to pickup a package, the coupons can be used up to 6 months after the expiration date!

Federal Government Application Workshop

17 June 0900-1200 Kinser PSC
19 June 0900-1200 Courtney PSC
23 June 0900-1200 Schwab PSC

Support Group for Spouses of deployed Service Members

Educational support group for spouses of deployed service members which helps spouses develop new friendships, relieve stress, learn to cope with deployment and enjoy Okinawa.

Wednesdays, 1000-1200

Call 645-2915 to register



31st Marine Expeditionary Unit

On-Line Resources

www.marines.mil/units/marforpac/iimef/31stmeu/Pages/default.aspx

This is the official 31st MEU website! Save this link to your "Favorites" on your computer. The website is updated frequently to keep you informed on what your Marine or Sailor is doing at work.

www.mccsokinawa.com

This site offers a ton of information about what is being offered on all Marine Corps bases on the island. The site has links and information for over 80 MCCS programs offered on Okinawa.

www.kadenaservices.com

Provides information about activities and services the Air Force offers to all military members and their families here on Okinawa. It also contains links to Army MWR events on Torii Station and Okuma's online reservation page. Click on PETS to get links to the Vet Clinics and Karing Kennels.

www.japanupdate.com

Provides updates on what's going on Okinawa.

www.okinawahai.com

This website is designed by military spouses for military spouses on Okinawa.

www.mcbbutler.usmc.mil

Provides valuable information on policies and procedures that apply directly to all residents stationed on Marine Corps bases Japan.

www.okinawa.pac.dodea.edu

This site can answer any question you might have pertaining to the on-base school system on Okinawa

www.aafes.com/ems/pac/okinawa.htm

This site is your resource for all AAFES movie theater schedules

www.okinawayardsales.com

Great site to buy used items and sell your unwanted items.

<http://www.kadenaservices.com/Venture/May-09-venture.pdf>

Air force Venture Monthly Magazine. Great source for all the latest happenings on Kadena Air Base.